



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

FALL 2012

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LACDMH'S PROFILES OF HOPE RECEIVES EMMY AWARD

The Los Angeles County Department of Mental Health (LACDMH) received a prestigious Los Angeles area Emmy Award in the category of Informational/Public Affairs Series for its *Profiles of Hope* series. Winners were announced at the 64th annual Los Angeles area Emmy Awards ceremony in North Hollywood on Saturday, August 11, 2012.

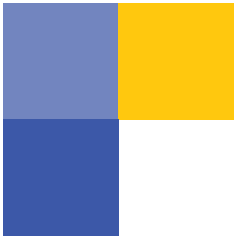
Featuring six celebrities and well-known personalities, the original series, developed by the Public Information Office, can be viewed online on the LACDMH website and on YouTube. *Profiles of Hope* is widely used as a teaching tool to motivate audiences and erase stigma. Funded by the Mental Health Services Act (MHSA), *Profiles of Hope* is a set of 10-minute inspirational stories that spotlights high-profile individuals who candidly share how they overcame stigma and various obstacles to live successful and productive lives, and carry on LACDMH's mission of Hope, Wellness and Recovery.

The Emmy Award-winning Profiles of Hope has also received national recognition. The series received a 2012 Voice Awards Honorable Mention from the Substance Abuse and Mental Health Services Administration (SAMHSA) at its annual ceremony on Wednesday, August 22, 2012 in Hollywood. And, the *Profiles of Hope* has also been given a first place STAR Award in the category of Special Audience by SCAN-NATOA (States of California and Nevada Chapter of the National Association of Telecommunications Officers and Advisors). The STAR Awards recognize excellence in government programming.

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Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



Change Is Our Friend

Sometimes, something can be true, but still intensely irritating. I have used this phrase “change is our friend” in every job I have ever had, but I have noticed that at some points, especially when the pace and the magnitude of change can seem overwhelming, the idea that change is our friend can provoke more frowns than smiles.

So, while I still believe that all the changes that we are currently facing are to the benefit of LACDMH and the hope, wellness and recovery of the people we serve, maybe some words about continuity are also in order.

First, the changes. We are at this very moment adapting to implementation of integrated physical health and mental health care in the context of the Affordable Care Act. We’re absorbing new responsibilities because of the parolees coming into our system through AB 109, coping with the changes in State governance, realignment and the Mental Health Services Act (MHSA), trying to absorb the impact of the end of AB 3632, implementing better treatment of co-occurring disorders, coping with several major audits, dealing with the Department of Justice and implementing the Integrated Behavioral Health Information System (IBHIS) and more. All of this at the same time. Everyone can feel a bit overwhelmed.

But really our main job remains the same no matter what. No matter what external or internal changes come our way, our true charge is to use our minds and our hearts, our brains and our brawn to make it possible to deliver the best care possible so that people with mental illness get better and have full lives. If we keep that in the first place of what motivates us, change in the details matters less. As long as we keep first things first, change can be a friend.

Marvin J. Southard, D.S.W.

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Employee Recognition

Retired

July 2012

Thelma Angeles, 6 yrs

Veronica Richardson,
45 yrs

Connie Wilson, 31 yrs

Freda Cheung, 21 yrs

Carlotta Tiniakoff, 20 yrs

August 2012

Jeffery Kohn, 15 yrs

Grace Francisco, 31 yrs

Debra Dave, 11 yrs



LACDMH RECEIVES NACO AWARD

The Los Angeles County Department of Mental Health (LACDMH) was presented with an Achievement Award from the National Association of Counties (NACO) for the LAC-USC Medical Center Street-to-Home Project.

LACDMH, along with the Departments of Public Health, Health Services, County Counsel and Public Social Services, was recognized for this achievement by the Board of Supervisors at its weekly meeting.

Receiving the award were LACDMH Director Dr. Marvin Southard, 1st District Deputy Louisa Ollague, Public Health Director Dr. Jonathan Fielding, Public Social Services Director Sheryl Spiller as well as project managers, Mary Marx and Eva Vera, and members of the project team.

LACDMH RECEIVES 2012 VOICE AWARDS HONORABLE MENTION



On Wednesday, August 22, 2012, the Los Angeles County Department of Mental Health's (LACDMH) series, *Profiles of Hope*, created by the LACDMH Public Information Office, received a 2012 Voice Awards Honorable Mention at the seventh annual ceremony held at Paramount Studios in Hollywood.

As an Honorable Mention recipient, *Profiles of Hope* was listed in the Voice Awards' event program. The *Profiles of Hope* series was among a number of productions that were recognized for its dignified, respectful and accurate portrayals of people with behavioral health problems.

The Substance Abuse and Mental Health Services Administration (SAMHSA) hosts the annual Voice Awards to honor consumer/peer leaders in recovery from mental health and/or substance abuse disorders. Awards are also given to recognize television and film professionals for their efforts to educate the public about lived experiences of individuals with behavioral health problems.

This year, the federal program's award winners included athletes. SAMHSA spotlighted the strength and perseverance of athletes who face mental health and/or substance use disorders. Honored for their advocacy and leadership were Metta World Peace from the LA Lakers, former Boston Celtics player Chris Herren, former WNBA Washington Mystics player Chamique Holdsclaw and Chicago Bears football player Brandon Marshall.



OFFICIALS CELEBRATE THE GRAND OPENING OF PROGRESS PLACE APARTMENTS FOR TAY

BY KAREN ZARSADIAZ-IGE, PUBLIC INFORMATION OFFICER II

Fourteen transition age youths (TAY) now consider Progress Place I and II Apartments their new home. Hosted by Jovenes, Inc., a grand opening and ribbon-cutting ceremony were held on Friday, July 13, 2012 at the apartment buildings in Boyle Heights. The apartments provide affordable housing with supportive services for homeless youth.

First District County Supervisor Gloria Molina and Los Angeles County Department of Mental Health (LACDMH) Director Marvin Southard, D.S.W. were some of the attendees at the event. "This project represents a venture in partnerships for a group of youth that need opportunities to make long-lasting change for good – and for the beginning of their new life," said Dr. Southard.

"As Dr. Southard mentioned earlier in his speech, it takes a partnership of many people to make this happen. It takes a lot of people coming together," stated Supervisor Molina. "Places like this are so essential. We know there's a need. We know we need to create this kind of thing all over the county, not just in Boyle Heights."

Sponsored by Jovenes, Inc., Progress Place I and II, also known as the Learning to Live Campus, are dedicated to housing youths between the ages of 18 to 25. The mission of Jovenes, Inc. is to help homeless youth and at-risk families become productive and integrated members of the community by providing comfortable, stable housing and access to job and skills training.

Progress Place I and II are funded by the voter-passed Mental Health Services Act (MHSA), the Multi-Family Housing Program and the City of Industry Fund. Also invested in this project were LACDMH, the California Housing Finance Agency, Century Housing, the Los Angeles County Development Commission Housing Authority of the County of Los Angeles, and the Department of Housing Community Development Multi-Family Housing Program.

In Their Own Words



A LIFE LOST IS FOUND IN PROJECT 50 **BY KATHLEEN PICHÉ, PUBLIC AFFAIRS DIRECTOR**

Ed Givens left New York City in 1977 after losing his job. He came to California to find work and live in a warmer climate. During the 35 years that followed, Givens drifted around the Southwest, drinking, hustling and dodging the bulldog that he consistently dreamt was attacking him.

It wasn't until November 2008, when Givens was approached by Project 50 outreach workers, that he agreed to participate in the program and began to have hope that he could "do something better" with his life.

Because he had identification, it only took Project 50 workers a week and a half to find Givens housing. Then, it was onto rehab in Long Beach where Givens spent two weeks. He relapsed after, but was determined to be sober and took advantage of what Project 50 was offering, which included supportive permanent housing, assistance with benefits, and medical, mental health and substance abuse treatment.

Givens now lives in the Charles Cobb apartment building on Skid Row where everything he needs is close by, including his Project 50 team. He's worked with Dr. Wendy Roberts, a Project 50 psychiatrist, on the major adjustment of not "sleeping with one eye open," to be able to sleep through the night. Givens would wake up abruptly through the night, chased by his bulldog, then see walls and a ceiling around him instead of the night sky. It took a moment for him to relax and realize that he was safe. Givens suffered from racing thoughts and paranoia, especially around that bulldog. It's taken a lot of experimentation with medications to help him sleep normally, but the bulldog has not been at his door for two years. "I chased the bulldog away," he said.

Dr. Roberts acknowledged the teamwork of all Project 50 staff and Givens' dedication to wellness. "It's been very gratifying working with Ed. He's a real team player," Dr. Roberts said.

Givens has also gotten treatment for high blood pressure, which is now normal enough that he does not have to take medication. According to Project 50 Clinical Supervisor Ahn Tran, Givens attends all of the groups the program provides, including yoga and walking. "He is a model client," Tran said.

On June 9th, 2012, Givens met with the sister he hadn't seen since he left New York 35 years earlier. His sister, Wanda, was only 16 years old then. When Wanda walked into the Charles Cobb apartment building on Skid Row, Givens did not recognize her. They both started crying and "couldn't get enough hugging."

"I never thought I'd see my family again," he said. "It was like God lay a hand on us. When I saw Wanda, everything Project 50 did made sense."

With the help of Project 50 staff and an organization called Birth Searcher (which has helped members of the Village in Long Beach locate family members), Givens began telephone contact with Wanda two years ago. She decided to make the trip out in June. Givens now wants to see his family as much as possible and is talking about visiting his other sisters who live in New York and Virginia.

Looking back, Givens says of that cold November night he was approached in 2008, "It must have been God doing this for me. If I weren't in that exact spot in front of the Salvation Army, I never would have gotten into the program. I was not usually in that spot."

Needless to say, Givens recommends Project 50. "The program is here if you want it," he said.

CHINESE HEALTH OFFICIALS VISIT LACDMH

On Thursday, July 12, 2012, the United States Department of State arranged for the visit of public health officials from the Chinese government at the Los Angeles County Department of Mental Health (LACDMH). The delegation, traveling under the Department of State's International Visitor Leadership Program, paid a visit to the LACDMH offices located at 600 Commonwealth Avenue.

The delegation of seven wanted to learn about LACDMH's efforts on suicide prevention and education. Arranged by the County Office of Protocol, the delegates and their interpreters met with Sam Chan, Ph.D., District Chief, Family and Community Partnerships, Jason Huang, Ph.D., Martha Alamillo, L.C.S.W., and Richard Lieberman, Los Angeles County Office of Education school psychologist.

The group from LACDMH shared information about Los Angeles County's suicide prevention and early intervention programs as well as its partnership with LAUSD. Through their interpreters, the Chinese delegates asked questions about LACDMH's efforts and programs, and thanked LACDMH for giving them insight into how the country's largest mental health system helps the residents of Los Angeles County.

The group of Chinese medical government officials, community activists and hospital administrators spent three weeks in the U.S. learning about public health concerns, including epidemic management, food and product safety, pollution, emerging infectious diseases and other threats to the population. The three-week project allowed them to get an overview of the health care system in the U.S. and understand how the U.S. manages disease epidemic preparedness at the federal and local levels.

KOREAN DELEGATES LEARN ABOUT SUICIDE PREVENTION FROM LACDMH

On Thursday, July 19, 2012, a group of delegates from the Daegu School District in South Korea paid a visit to the Los Angeles County Department of Mental Health's (LACDMH) offices at 600 Commonwealth.

The delegates are part of the district's violence and suicide prevention committee. They requested to speak with LACDMH after the South Korean school district reported eight youths committed suicide within a six-month period. The students were apparently bullied. Three school district representatives and their translator met with LACDMH to learn about suicide prevention strategies that are widely used in the United States.

LACDMH's representatives included James Cunningham, Ph.D., Jae Kim, L.C.S.W. and Nelly Arias. School psychologist Rich Lieberman from the Los Angeles County Office of Education also joined the meeting.

"In South Korea, suicide is the number one cause of death among those within the ages of 15 to 24. Here in the United States, suicide is the third leading cause behind accidents and homicide," said Lieberman. He shared different sources and techniques to the group that are widely used for prevention, intervention and post-vention at the schools and in the community.

The South Korean delegates were curious to learn about current suicide prevention programs for youths and adults as well as learn about warning signs and advice for parents.

The delegation's visit was among many that included a trip to Palo Alto to meet with suicide prevention professionals there as well as here in Los Angeles to speak with mental health professionals at Didi Hirsch about its efforts for suicide prevention.

hope wellness recovery

LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



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A Final Thought



The Power of Effective Communication **By Kathleen Piché, L.C.S.W., Public Affairs Director**

Trained clinicians know the importance of effective communication when it comes to treatment. We know that relationships are built on trust and the ability for each participant in the relationship to listen to each other. According to one Substance Abuse and Mental Health Services Administration (SAMHSA) report, consumers recognized interpersonal skills, non-verbal communication and sensitivity as the most helpful elements of a relationship leading to successful recovery. Being understood is essential not only on the road to recovery, but also in the way we effectively communicate on a daily basis.

Watching the recent Democratic National Convention, I loved listening to Bill Clinton's speech, not specifically because of his political views, but because he is a master communicator. He first talks to us, lets us get to know him; he charms the pants off us. Then he drops in the facts, reasons why things are the way they are and ways to fix them. He provides concrete details, rational plans, gives us a guide to follow and makes it easy for us to nod our heads in agreement. Many have commented on the effectiveness of his speech, and it's been said that the convention gave the Obama campaign a positive "bounce" in the election. I think Clinton's speech was powerful because we are all hungry for clear, effective communication — communication that cuts through the constant noise directed our way through media messaging that surrounds us.



Given the onslaught of ways we now receive and send messages, it's more important than ever to communicate effectively. This is really a good thing, because communicating well forces you to organize your thoughts, and in the process synthesize what you are asking for or what you are trying to say. Current technology can actually help in that it allows for a more interactive process, letting us know how to tailor messages to make communication more on target. Good communication is definitely collaborative, not competitive.

If you can train yourself to clarify and focus on what is asked, then incorporate good data into your answer, you may be more satisfied with the results of your interactions. Efficient communicating can be very powerful; it can save you time and energy at home and in the workplace, and can empower you to do more of it!